



# Take Charge of Your Life

FEEL BETTER • HAVE MORE ENERGY • REDUCE STRESS • LOSE WEIGHT

Leave behind the fad diets and start a lifestyle change program that really works. You'll get expert coaching, engaging lessons and the support of a community of individuals just like you to help you build healthy habits that can last a lifetime.

Retrofit is a proven diabetes-prevention program that is **FREE** to Highmark members who are diagnosed with prediabetes or meet certain criteria and 100% covered by your Highmark plan.

**Start feeling better today!**

Go to [highmarkbcbsde.com](https://highmarkbcbsde.com) or call 1-844-459-6452 to learn more.

• 1 out of 3 adults have pre-diabetes • 9 out of 10 do not know they have it

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。  
请拨打您的身份证背面的号码（TTY：711）。